

How to Credit a Grain Using Exhibit A in the Food Buying Guide

School Year 2014-15

All grains offered must be whole grain rich products

WHOLE GRAIN RICH	
GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> Bread type coating Bread sticks (hard) Chow mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads (sliced white, wheat, whole wheat, French, Italian) Buns (hamburger and hot dog) Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread (white, wheat, whole wheat, whole grain-) 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz

Step 1: Find the Group on the chart containing the general name of your food product.

Step 2: On the chart, identify how many grams or ounces equal 1 oz eq.

Step 3: Divide your product's weight in grams by the amount of grams that equal 1 oz eq.

Step 4: Round down to the nearest 0.25

Example:

Rye Elementary School
serves a whole grain english muffin,
57g per serving.

Nutrition Facts	
Serving Size 1 muffin (57g)	
Servings Per Container 4	
Amount Per Serving	
Calories 100	Calories from Fat 10
% Daily Value	
Total Fat 1 g	2%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Polyunsaturated Fat 0 g	
Monounsaturated Fat 0 g	
Cholesterol 0 mg	0%

Q. How many oz/eq. would the english muffin credit for?

Step 1: English Muffin is found in Group B

Step 2: In Group B, 1 oz/eq = 28 grams

Step 3: 57 grams/28 grams = 2.03 oz/eq

Step 4: 2.03 rounds down to 2.0 oz/eq

A. The english muffin will credit as 2.0 oz/eq.